



Henry F. Hartsell Jr., PhD  
Julie Myers, DrPH, CPHQ  
Claire Dowers-Nichols, MHR  
Amanda Miner, AS  
Avy Redus, MS



## Objectives

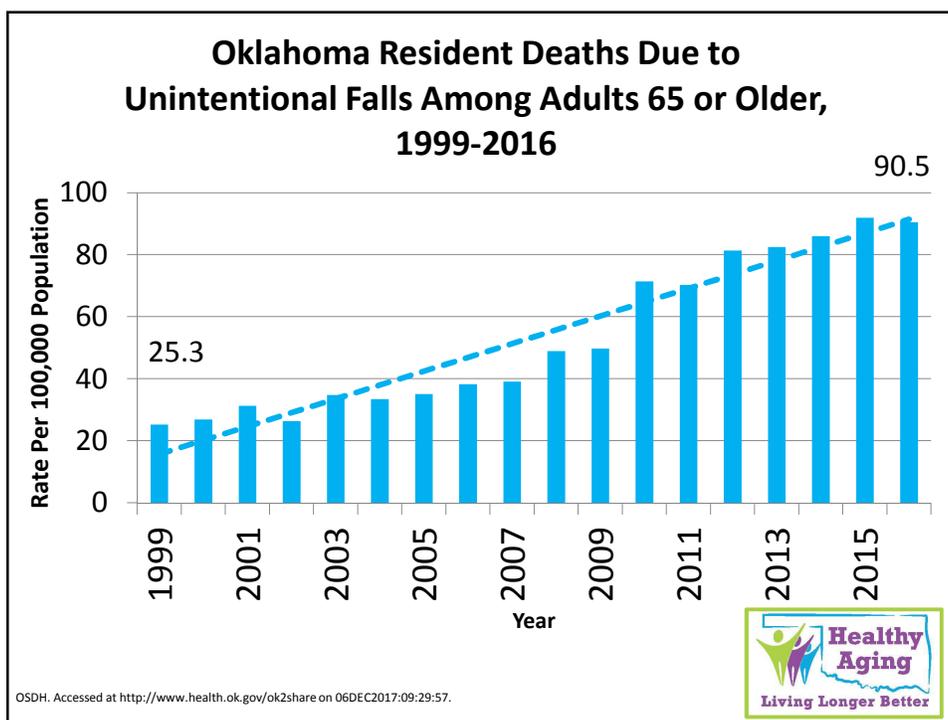
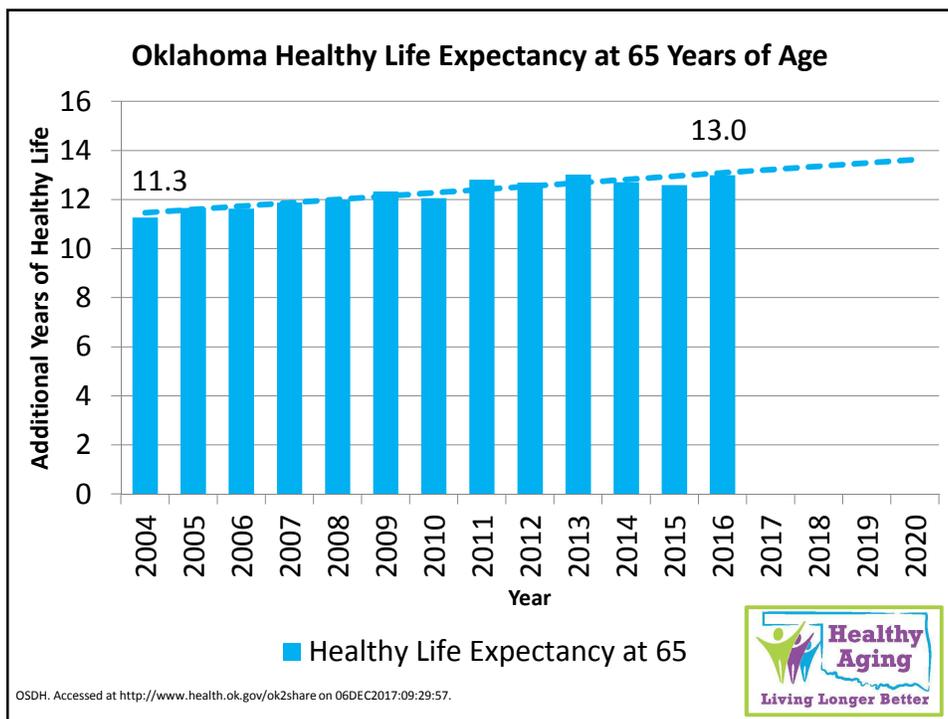
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- Learn about the issues, facts, evidence-based programs and practices, partnering opportunities, and other resources to improve older adult health outcomes
- Identify strategies for community mobilization

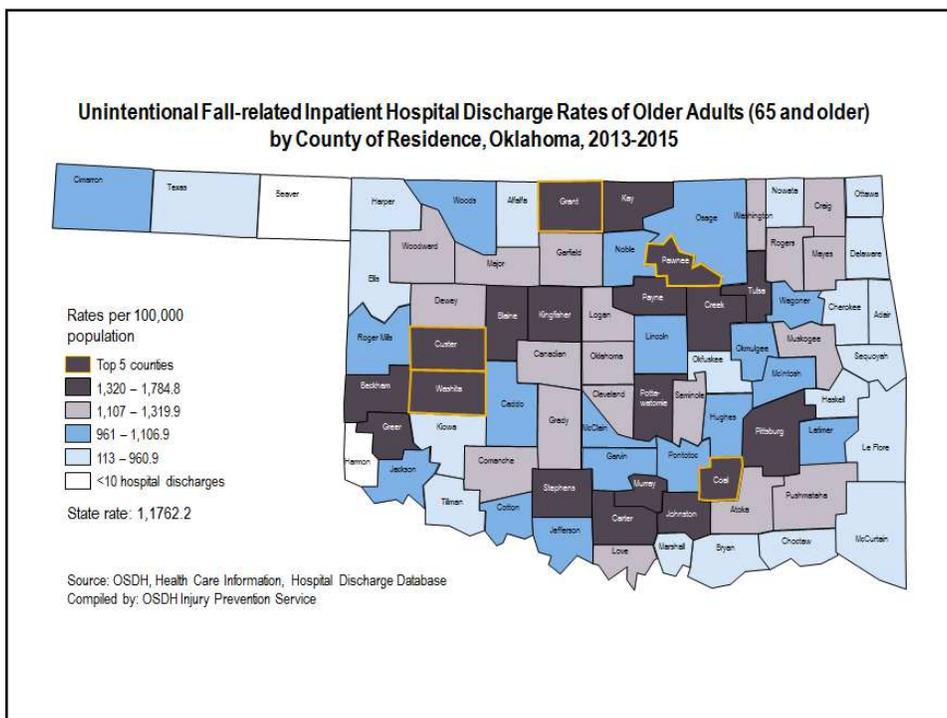
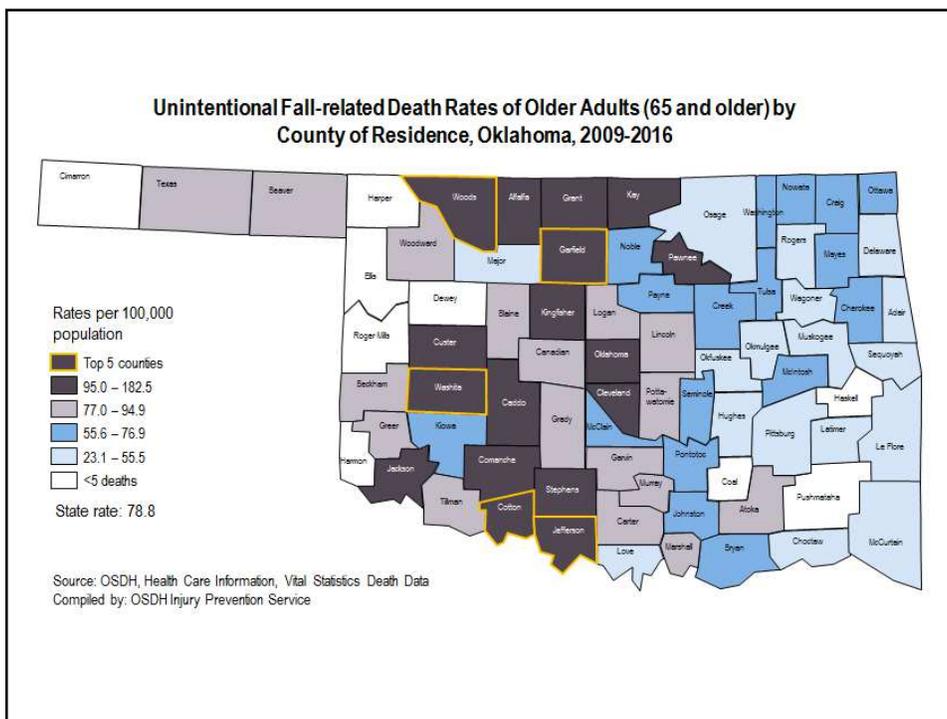


## Healthy Aging: Living Longer Better Collaborative

- **OKLAHOMA'S CHALLENGE:**  
Collaborating on effective strategies for older Oklahomans to live and age well.
- **VISION OF THE COLLABORATIVE:**  
Create healthy aging champions among older adults, their caregivers, and in their communities.







# PREVENTING FALLS

Reduce the unintentional fall-related death rate among adults 65 years and older in Oklahoma by 10% Experience 15% Fewer Falls with major Injury in Nursing Homes (28 people each year)

## WAYS TO PREVENT FALLS

 <b>Environment</b> Home safety Facility safety	 <b>Medication</b> Reduce poly pharmacy
 <b>Health</b> Ask/tell your doctor Fall assessments Vitamin D Eye exams Hydration Sleep	 <b>Exercise</b> Tai Chi: moving for Better Balance Walking programs Gait training

## KEY ELEMENTS & RESOURCES

- Creating partnerships
- Providing technical assistance
- Providing state & local data
- Providing educational material
- Promoting the use of the STEADI toolkit
- Finding community champions
- Increasing fall prevention resources/services
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## REDUCING DEPRESSION

Prevent 95 Suicides Among  
Oklahomans Aged 65+

Reduce Depression by 10% among  
nursing home residents  
(18 people each year)

## 2015 NATIONAL SUICIDE DATA

AMERICAN ASSOCIATION OF SUICIDOLOGY

### Rates per 100,000

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### Fatal Outcomes

- 1 older adult every 66 minutes
- 10<sup>th</sup> cause of death
- 3.3 male deaths for each female death
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## WAYS TO REDUCE DEPRESSION

- ❖ Screenings and Referrals
- ❖ Cross training with Community Mental Health Centers
- ❖ Develop an Older Adult Peer Support Specialty with ODMHSAS
- ❖ Mental Health First Aid Training with an Older Adult Specialty
- ❖ Tribal Health Systems
- ❖ Senior Centers
- ❖ Utilizing Established Community Involvement



## RESOURCES

- ❖ Oklahoma Mental Health and Aging Coalition (OMHAC)
- ❖ Oklahoma Department of Mental Health and Substance Abuse Services (ODMHSAS)
- ❖ Community Mental Health Centers
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## SUPPORTING HEALTHY BEHAVIORS

Help 262 older adults become more physically active

Reduce food insecurity by 4% among older adults (75 people each year)

## WAYS TO SUPPORT HEALTHY BEHAVIORS

### PHYSICAL ACTIVITY

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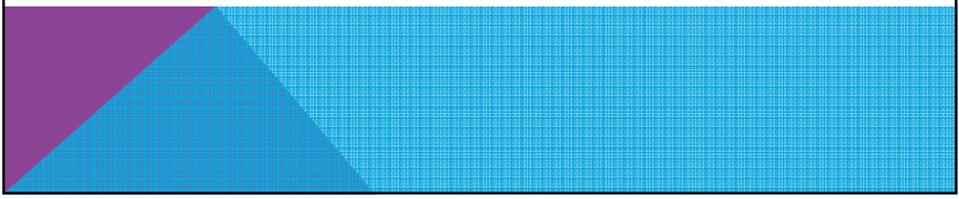
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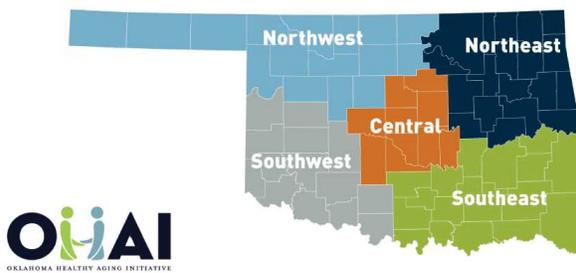
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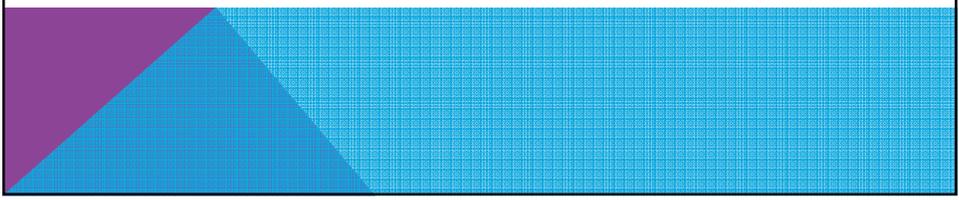
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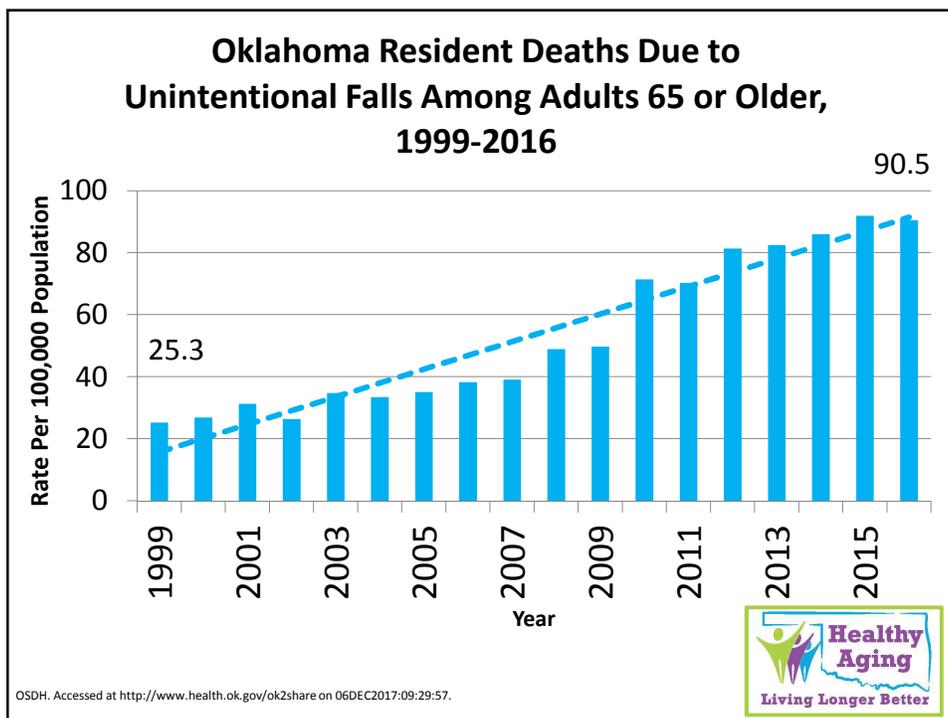
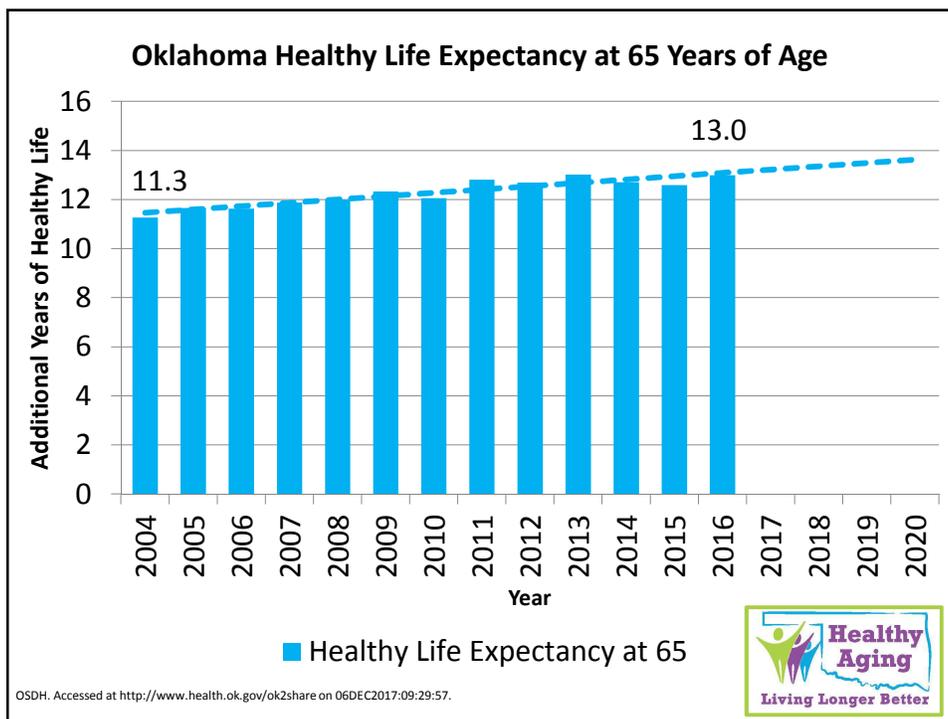
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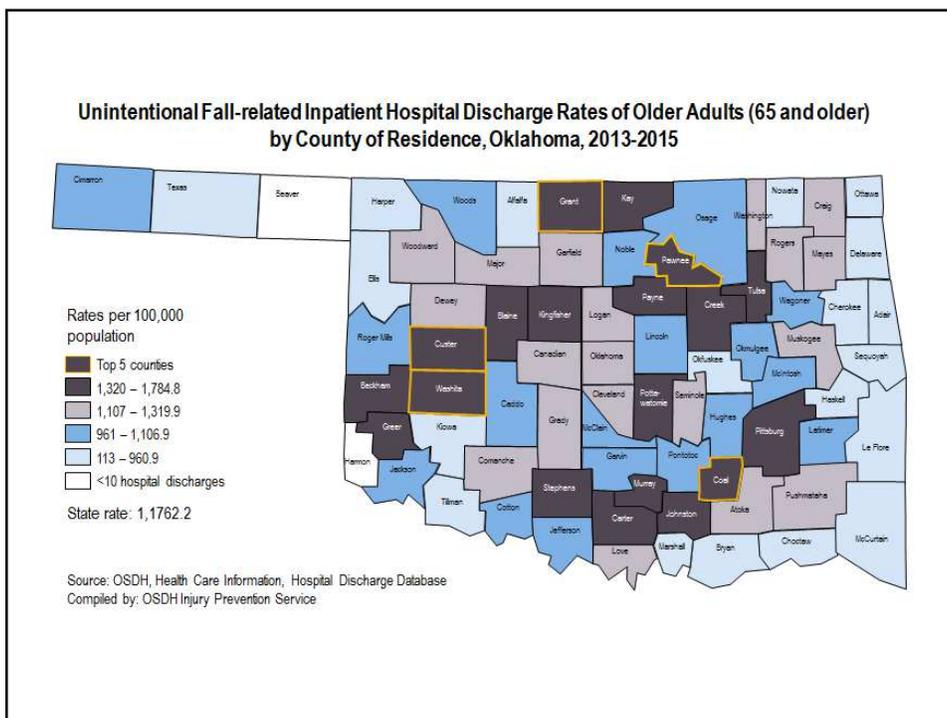
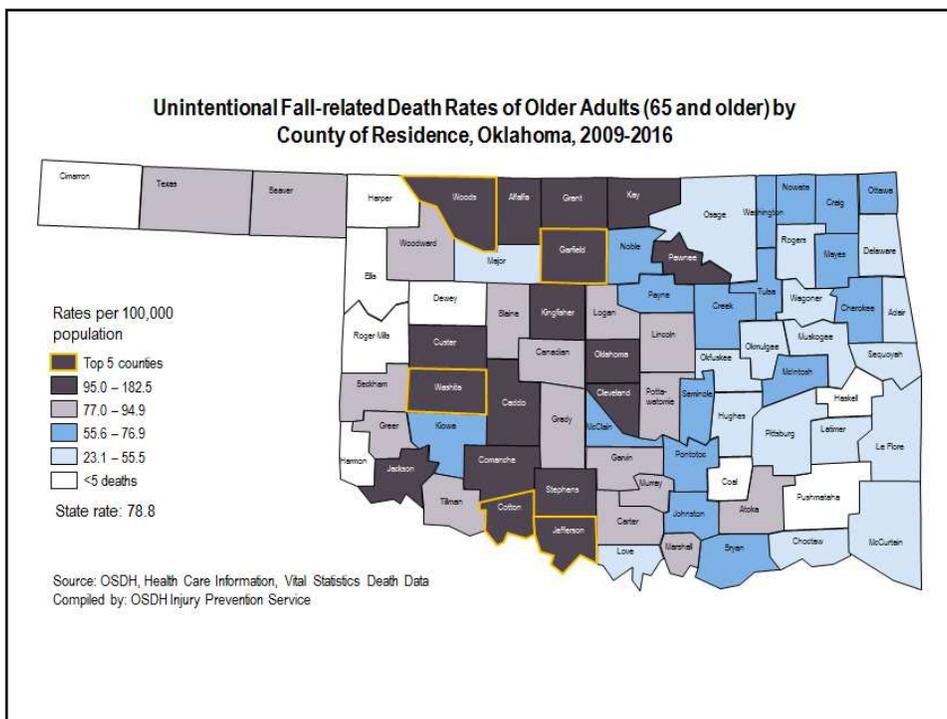


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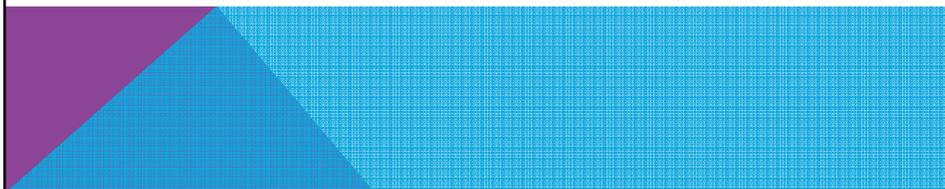
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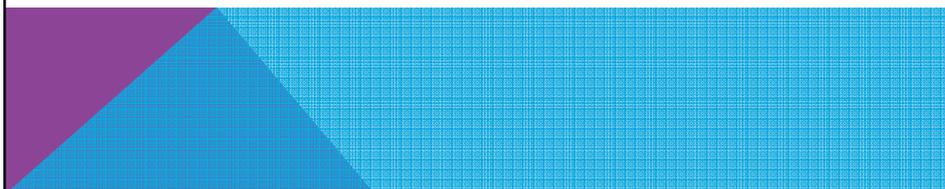
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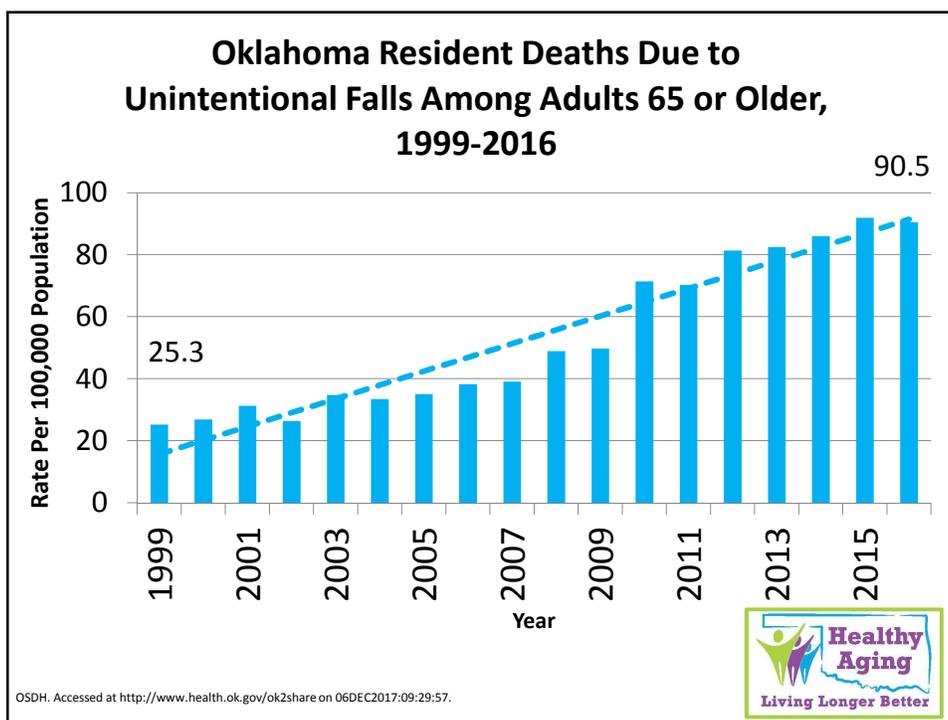
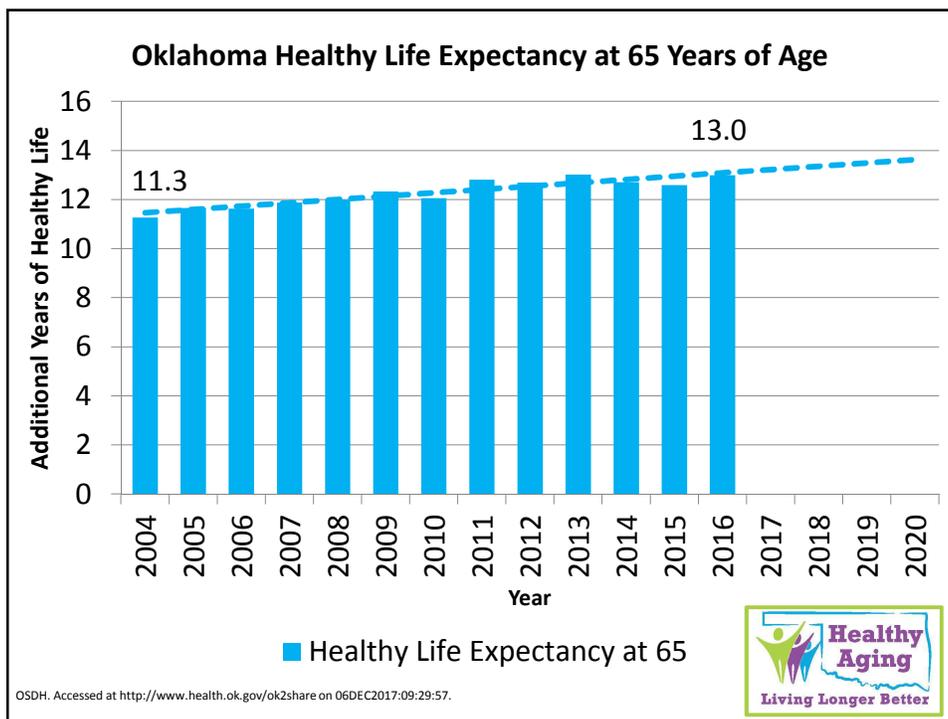
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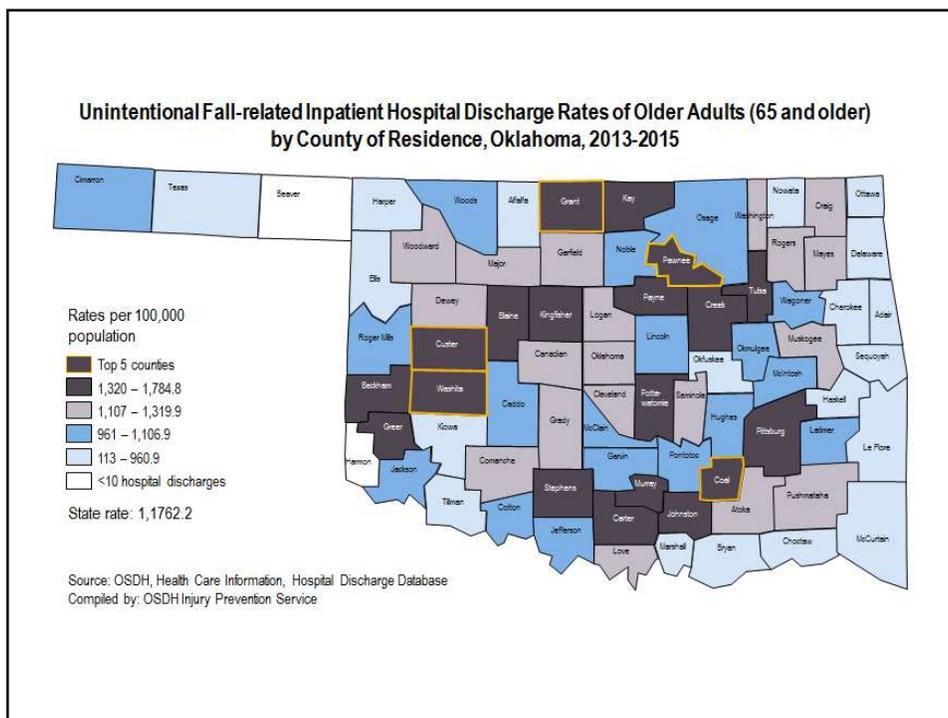
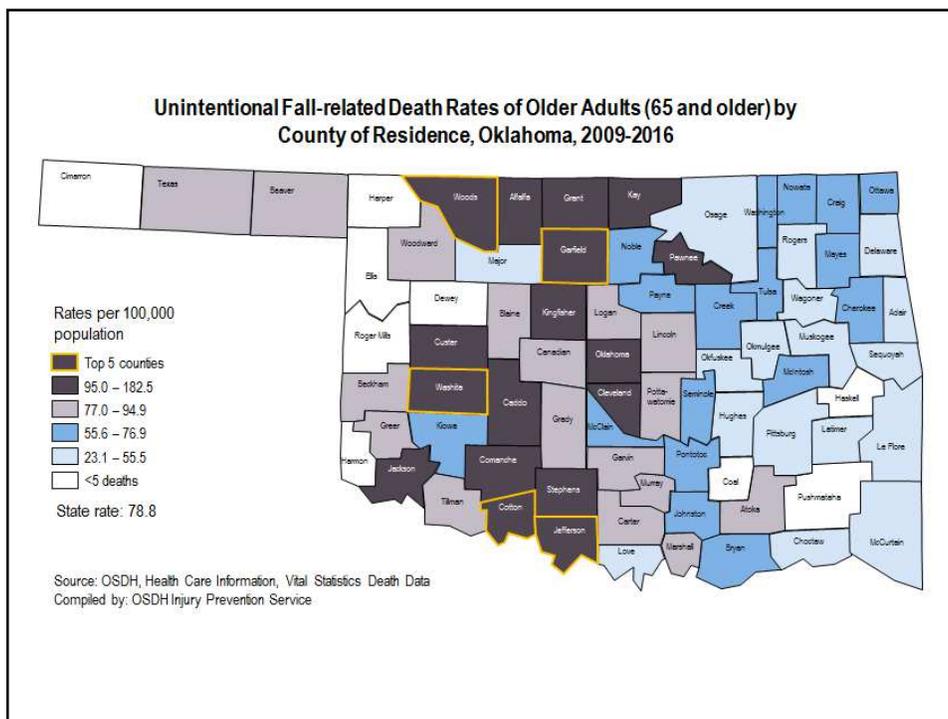


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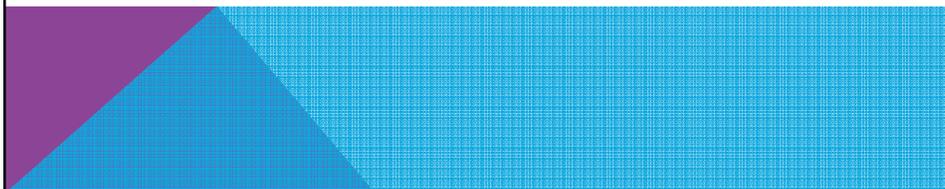
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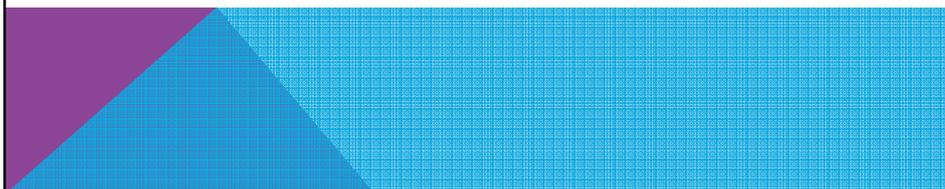
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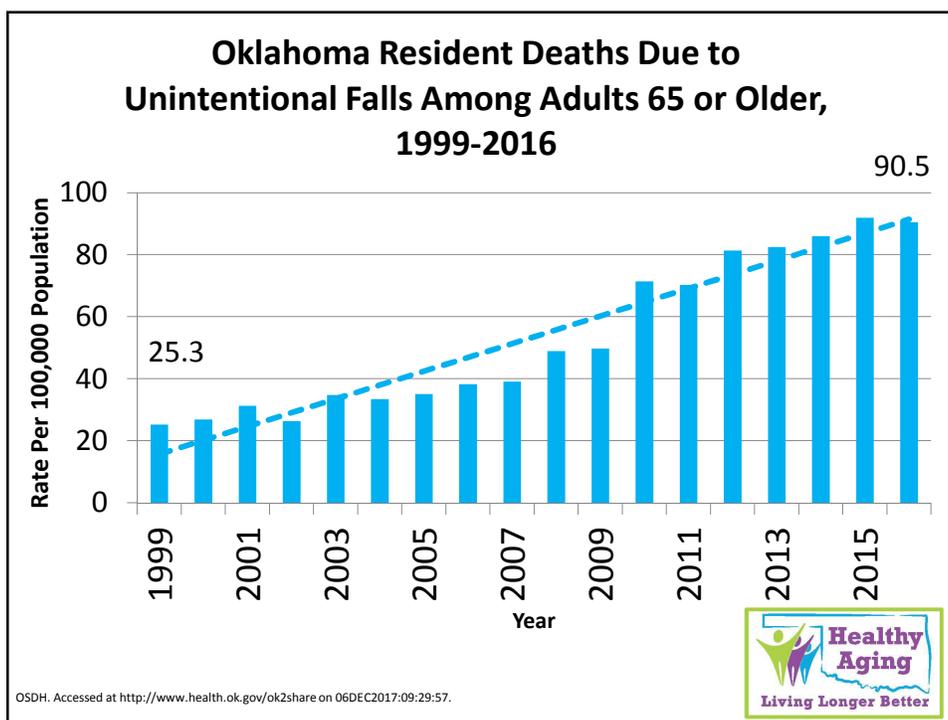
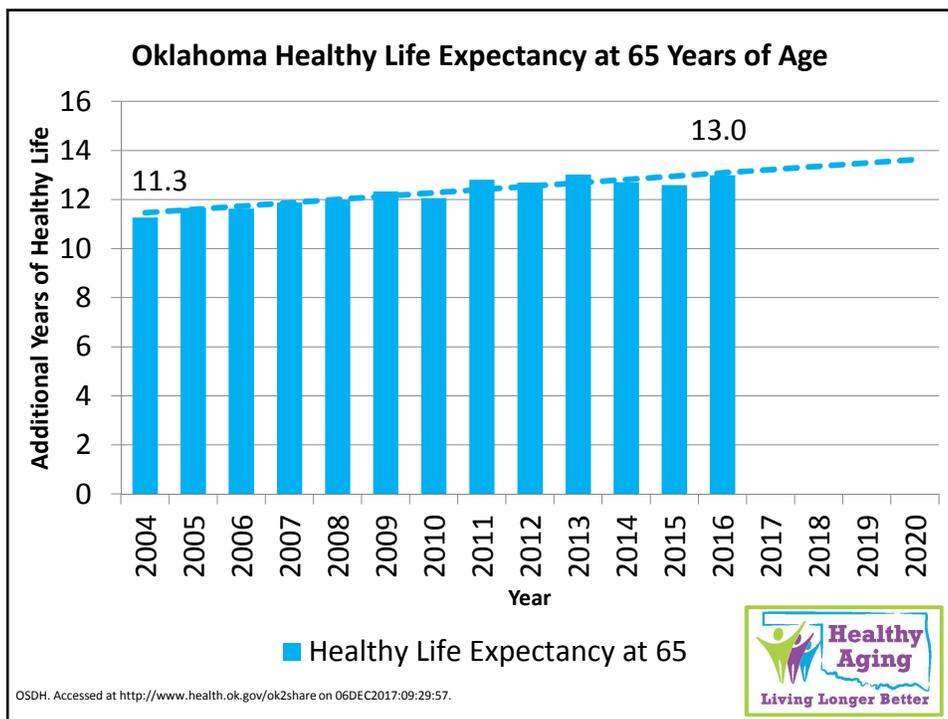
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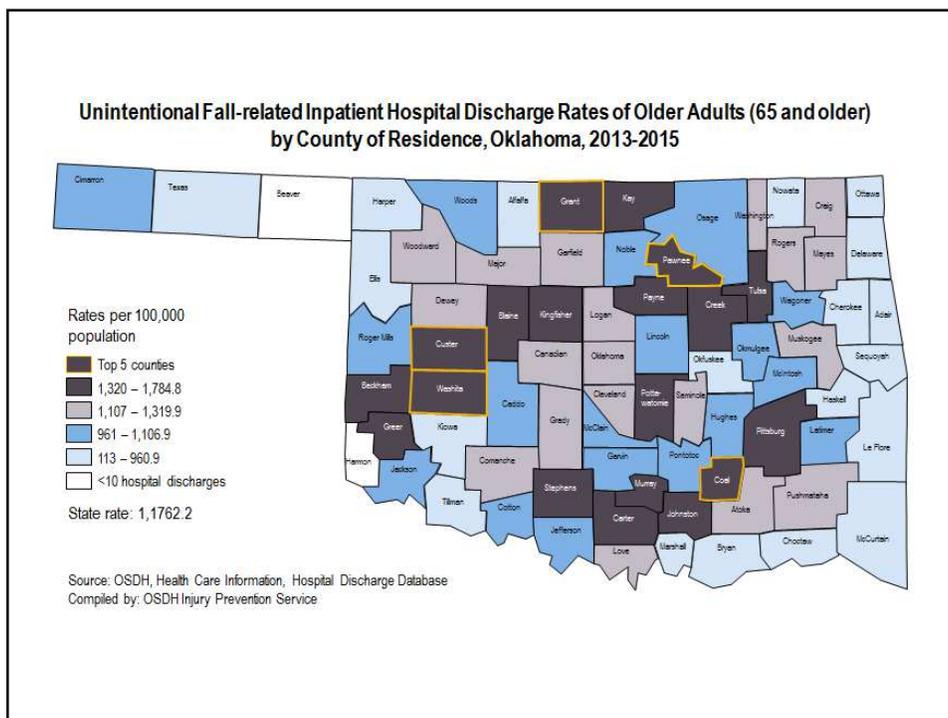
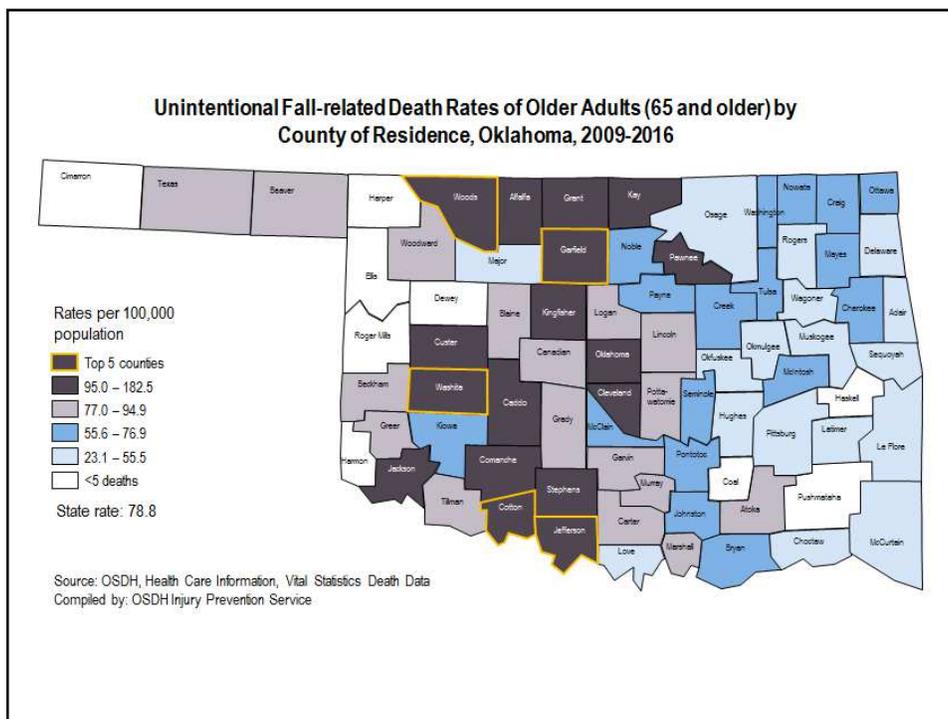


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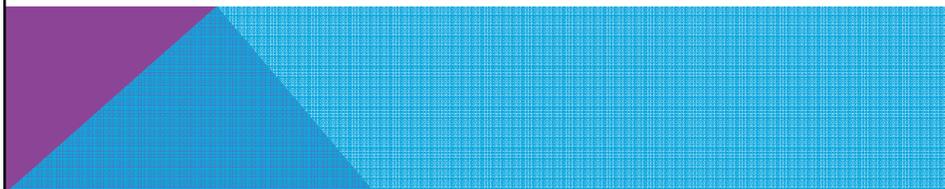
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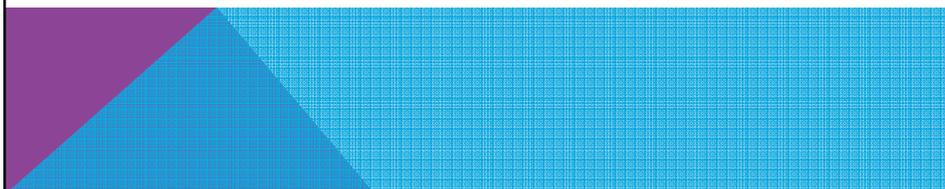
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